

## **Moran Promotes Health and Wellness Through Daily Exercise**

### *Moran and Staff Participate in Walk Kansas Fitness Challenge*

HUTCHINSON - Congressman Jerry Moran today announced he and his staff are participating in K-State Research and Extension's 2008 Walk Kansas Fitness Challenge to raise awareness about the importance of a healthy lifestyle. Walk Kansas is a state-wide fitness program where teams track exercise and work to collectively cover the 423-mile distance across Kansas. This is the second year Moran and his staff have participated in the challenge.

"Exercise is good medicine for our health today and our health for many years to come," Moran said. "Taking part in Walk Kansas is a great way to increase daily exercise. My staff and I enjoyed participating last year and look forward to completing this year's challenge."

Moran is an advocate for health and wellness programs as a way to reduce health care costs. Recently, Moran requested funding for the Carol White Physical Education Program to strengthen physical education programs in schools across the country.

The Walk Kansas fitness challenge started on Sunday, March 9 and will last eight weeks. Moran and members of his Kansas and Washington, D.C., offices combined to form two teams. In addition to walking, miles can be tracked through other physical exercise like running, swimming, bicycling or playing team sports.

Learn more about Walk Kansas online at [www.walkkansas.org](http://www.walkkansas.org) .

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